

A Rockford Original.

Mary's Market is a fast and casual café that serves fresh, real food made from top quality ingredients by people who care.

Since 1982, we've built a reputation for serving wholesome, authentic and healthy cuisine in a relaxed and welcoming atmosphere at a value.



All our foods are made from scratch. This means no preservatives! Our breads, desserts, soups, pasta sauces, sandwiches and salads are handmade and prepared from the freshest, highest quality ingredients. No other restaurant of our kind, we're very proud to say, can claim that.

But then there is no other restaurant of our kind, one that combines cuisine worthy of a big city fine dining restaurant with fast, casual pricing. We are, to put it succulently, a Rockford original.

Light Starts

Market Steel-Cut Oatmeal

Served with Raisins, Brown Sugar, Milk, and Our House-Made Granola

\$6.89

Avocado Toast

Toasted Country Grain Bread, Smashed Avocado, Tomato, Bacon, Egg Cooked Your Way, Sprouts

\$9.99

Mary's Market Yogurt Parfait

Layers of Yogurt, Strawberries, Blueberries, and our House-Made Granola

\$5.49

Mary's Continental

Fresh Fruit and Berries, Yogurt Topped with House Made Granola, Served with Your Choice of Select Pastries

\$9.69

Espresso and Pastry Combo

\$1 Off One of Our Select Pastries with the Purchase of an Espresso Drink



Eggs

Served with Choice of American Fries, Hash Browns, Pancake, Yogurt, or Fruit Cup and Choice of Toast

Steak Tips & Eggs GF

Sauteed Sirloin Steak Tips, Topped with Two Any-Style Eggs

\$12.99

Mary's Favorite GF

Two Any-Style Eggs

\$6.99

Market Combo GF

Two Any-Style Eggs with Bacon or Sausage Links

*Substitute Chicken Apple Sausage \$1.29

\$8.99

Pancakes & French Toast

Market Buttermilk Pancakes

Aunt Mary's Original Buttermilk Pancake Recipe

Short (2) \$4.89 Regular (3) \$6.49

Gluten Sensitive Market Pancakes

Made-from-Scratch Gluten Sensitive Buttermilk Pancakes

Short (2) \$6.49 Regular (3) \$7.89



Served with Syrup & Whipped Butter

*Add Strawberries \$1

Swedish Pancake Stacks

Stacks of Swedish Pancakes with Lingonberry Butter and Powdered Sugar

*Lingonberries Available Upon Request \$.69

Short (2) \$5.89 Regular (3) \$6.49 Super (4) \$7.69

Challah French Toast

House-Made Mary's Market Challah Loaf Dipped in Egg Batter, Dusting with Powdered Sugar

\$5.99

Breakfast Specialties

Served with a Choice of American Fries, Hash Browns, Pancake, Yogurt, or Fruit Cup

Buttermilk Biscuits with Savory Sausage Gravy

House-Made Buttermilk Biscuits Smothered with Made-from-Scratch Country Sausage Gravy

1/2 Order \$6.39 Full Order \$7.99

Mary's Benedict

Two Poached Eggs, Ham, and Asparagus, Served on House Made Black Pepper Parmesan Bread Topped with Hollandaise Sauce

\$9.89

Croque Madame

Sliced Ham, Swiss Cheese, White Cheddar Cheese Sauce, One Any-Style Egg, Served on a House-Made Sourdough Bread

\$9.99

Market Quiche Lorraine

Eggs, Cream, Applewood Smoked Bacon, and Swiss Cheese Baked in a Flaky Pastry Shell

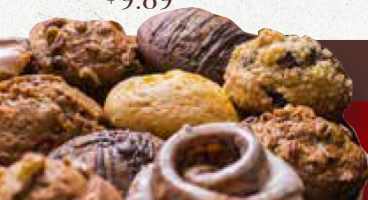
\$9.99

Seasonal Quiche

Ask about our Seasonal Quiche

Have you tried our pastries?

We Have an Assortment of Baked Muffins, (Including Gluten Sensitive Selections,) Danishes, Croissants, Cinnamon Rolls, and Caramel Pecan Rolls.





Breakfast Sandwiches

Served with a Choice of American Fries, Hash Browns, Pancake, Yogurt or Fruit Cup
Breakfast Sandwiches can be made Gluten Free by Substituting for a Gluten Free Wrap for \$1

Sunrise Turkey Wrap

Egg White, Sliced Turkey, Red Pepper, Spinach, and Feta Cheese, Wrapped in a Garlic Herb Tortilla

\$9.99

Everything Bagel Sandwich

Bacon, Fried Egg, Colby Cheese, Cream Cheese, Smashed Avocado, Tomato, and Red Pepper Flakes, Served on a Made From Scratch Everything Bagel

\$9.49

Vegan Sweet Potato Tacos

Chipotle Sweet Potato Hash, Tofu Scramble, Vegan Mozzarella, Pico De Gallo, Guacamole, Served with Your Choice of Corn or Flour Tortillas

\$9.99

Market Classic Sandwich

Fried Egg, Smoked Gouda Cheese, Choice of Bacon or Ham, Hollandaise Sauce on Housemade Francese Bread

\$7.99

Early Bird Croissant

Ham, Fried Egg, Cheddar Cheese, on a Butter Croissant

\$8.39

Chorizo Breakfast Tacos

American Fries, Chorizo, Scrambled Eggs, Peppers, Onions, Queso Fresco, Sour Cream, Salsa, and Guacamole Served on your Choice of Corn or Flour Tortillas

\$9.99



Omelettes

Served with a Choice of American Fries, Hash Browns, Pancake, Yogurt, or Fruit Cup and Your Choice of Toast

Cheese Trio Omelette GF

A blend of Cheddar, Swiss, Mozzarella Cheese

\$8.49

Country Fresh Omelette GF

Applewood Smoked Bacon, Mushrooms, Basil Pesto, and Smoked Gouda Cheese

\$9.89

Southwestern Omelette GF

Ham, Green Pepper, Onions, Cheddar Cheese, Pico de Gallo, and Fresh Cilantro

\$9.99

Farmers Market Omelette GF

Grilled Sausage, Green Pepper, Onion, Tomato, and Choice of Cheddar or Swiss Cheese

\$8.99

Create Your Own Omelette GF

Includes 3 Toppings

Cheese - Cheddar, Swiss, Mozzarella, Parmesan, Smoked Gouda, Feta, Colby, Goat Cheese, White Cheddar, Monterey Jack, Dill Havarti

Meat - Bacon, Ham, Sausage, Chorizo, Chicken

Veggies - Balsamic Grilled Vegetables, Green Pepper, Red Pepper, Broccoli, Jalapeño, Onion, Tomato, Spinach, Artichoke, Mushroom, Grilled Asparagus

\$8.99

Additional toppings: \$.89

Avocado: \$1.29

Skillets

Served with Two Any-Style Eggs Over American Fries and Choice of Toast

Chorizo Breakfast Skillet GF

Chorizo, Pico de Gallo, Cheddar, and Queso Fresco, with a Side of Guacamole

\$9.99

Market Corned Beef Hash Skillet GF

Corned Beef, Green Onion, Red Pepper, and Onion

Market Skillet GF

Sausage, Ham, Green Pepper, Onion, and Cheddar Cheese

\$9.89

Avocado Power Skillet GF

Egg Whites, Avocado, Pico de Gallo, Green Onion, and Feta Cheese

\$10.49

Sweet Potato Skillet GF

Bacon, Sweet Potatoes, Grilled Vegetables, Kale, Green Onion, and Feta Cheese

\$10.29



À La Carte Menu

Two Eggs (Any Style) GF \$2.89

Eggbeaters GF \$3.49

Three Egg Whites GF \$3.99

Applewood Smoked Bacon (4 pcs) GF \$3.99

Pork Sausage Links (2) GF \$3.99

2pc Chicken Apple Sausage \$4.29

Side of Toast \$2.49

Swedish Pancake (1) \$2.99

Single Buttermilk Pancake (1) \$2.49

Single Gluten Sensitive Pancake (1) GS \$3.49

Fresh Fruit Cup GF \$3.89

Hash Browns GF \$3.29

American Fries GF \$3.49

Yogurt GF \$4.19

Have you tried one of our fresh New York style bagels?

We at Mary's Market serve a deliciously crisp and chewy New York Style Bagel. Our bagel dough is produced fresh daily and then poached before they are baked; a process that gelatinizes the dough to make them chewy. We offer several selections daily! The seedy stix are amazingly delicious.

Disclaimer: If you have a Gluten Sensitivity, please make your server aware. Mary's Market will make every effort to accommodate your request, but we cannot ensure that cross-contamination will not occur.

🌿 = Vegetarian

GF = Gluten Free

